

# True or False Fact - Answers

## True

## False

Smoking is very unhealthy.

Cigarettes contain nicotine which is extremely addictive and is what makes smoking hard to quit.

It is against the law to smoke in public in an enclosed space and on public transport.

Tar is a sticky brown substance that collects in the lungs when you breathe in cigarette smoke. It can also stain your teeth and fingers a yellow-brown colour.

Carbon monoxide is a poisonous gas that is found in cigarette smoke.

Nicotine is an addictive drug found inside cigarettes. Many people continue to smoke because of a nicotine addiction.

The longer a person smokes, the more fatty deposits build up in their blood vessels.

This can cause problems like heart attacks.

Smoking also has quite a distinct smell which can linger on your hair and clothes.

Passive smoking is harmful to anyone that breathes in the smoke from a cigarette, even if they are not holding it.

Childhood asthma has been linked to passive smoking.

Smoking is very cheap - cigarettes have no taxes on them to encourage people to buy them.

It is against the law to buy cigarettes if you are under the age of 21.

Cigarettes release over 50 different chemicals when they burn. Many of these are poisonous and up to 70 are known to cause cancer.

Tar also contains chemicals that can lead to diabetes.

It is the nicotine inside cigarettes that causes cancer.

Nicotine from smoke reaches the brain and triggers something called adrenaline.

Adrenaline slows down your heartbeat.

The poisonous gas carbon monoxide causes more oxygen than normal to flow through your bloodstream. As there is more oxygen in the blood, the heart needs to beat slower to create more oxygen to pump around the body.

It is the nicotine in cigarettes that causes staining on teeth and fingers.

Smoking is not addictive and it's really easy to give up if you decide to stop.

Smoking is only harmful to the person holding the cigarette.